

We are going to know a new freedom and happiness. We will not regret the past, nor wish to shut the door on it...We will comprehend the word serenity and we will know peace.

Alcoholics Anonymous;p.83-84



**The 12 Steps of  
Alcoholics Anonymous**

1. We admitted we were powerless over alcohol- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out."
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



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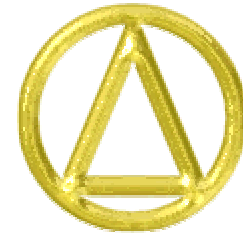
The Online Intergroup  
Intergroup-approval@world.std.com  
Global Cyberspace



MAIL TO:



**A MESSAGE FROM THE  
ONLINE INTERGROUP**



**INFORMATION  
& HOW TO FROM  
YOUR FRIENDS IN  
CYBERSPACE**

**"Therefore nothing can matter more to the future welfare of AA than the manner in which we use this colossus of communication."**

"Bill W" \*Language of the Heart\* pg.320



## What is the Online Intergroup?

The Online Intergroup (OIAA) acts just like your local Intergroup. Our origin began with the 1995 San Diego Convention. We are here to serve our local groups, carry the message of Alcoholics Anonymous, provide a resource for AA information and a listing of online AA groups. Our various committees function in many of the same capacities as your local Intergroup. How can someone get help online?

GSO:

<http://www.alcoholics-anonymous.org>

Grapevine:

<http://www.aa-grapevine.org>

OIAA:

<http://www.aa-intergroup.org>

E-Mail Groups:

<http://www.aa-intergroup.org/email.html>

Real-Time Meetings:

<http://www.aa-intergroup.org/real.html>

The AA World Services (AAWS) homepage is a very useful site with multilingual listings of many AA General Service Offices around the world, as well as some facts about alcoholism and AA. Also on the Internet you can find web-pages of Central Offices and other local Intergroups from around the world. Online AA has no geographical boundaries, so you can "talk" with AA members from almost any country around the globe.

## What is Online AA?

AA "on the net" is very similar to Alcoholics Anonymous elsewhere. It is as diverse as the members who utilize it. The major benefit is that it is available 24 hours a day, 7 days a week! All you need is a computer with a modem, phone line and Internet Service Provider (ISP) to access the solid recovery, fun and Experience, Strength, and Hope of its members.

## Who uses AA on the net?

Anyone who has a desire to stop drinking and who has access to a computer. The availability of online AA makes it perfect for those who for many reasons cannot get to a face to face meeting. Many people have difficulty because of a disability, geographical location, or work. AA on the net provides easy access to the fellowship for those folks and anyone else who desires to supplement their program with another form of Alcoholics Anonymous fellowship.

## What about Anonymity?

Most e-mail and chat groups are Closed groups. People cannot just subscribe (join) or drop in without affirming their adherence to the Third Tradition which states, "The only requirement for AA membership is a desire to stop drinking." People on the Internet cannot just stumble into a meeting or read postings without subscribing. That's how online groups monitor who \*enters\* the meeting.

## Want to stop drinking and can't?

Are you breaking commitments to yourself and others about alcohol?  
Are you approaching AA for the first time?

Online AA could be the place for you to start! You can access the chat rooms and meet others who are trying to stop drinking! The Twelve Steps of AA have helped many people just like you.

Why not give it a try?

## What is Alcoholics Anonymous?

We are a fellowship of men and women who have lost our ability to control our drinking. Together, we attempt-most of us successfully-to create a satisfying way of life without alcohol. For this, we find we need the help and support of other alcoholics in AA

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This information is furnished by: The Public Information Committee of the Online Intergroup of Alcoholics Anonymous. This pamphlet is not approved or endorsed by Alcoholics Anonymous World Service (AAWS). It is provided by the OIAA as part of its 12 step work in reaching out to the alcoholic who still suffers. For additional information, please access our WEB-PAGES at:

<http://www.aa-intergroup.org>